

# The Central FOCUS

"Experiencing God Together!"

Central Baptist Association

(217) 615-0192

Email: CBADecaturOffice@yahoo.com

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Christine Granda,  
Editor & Secretary

1255 S. Lake Ridge Ave.

Decatur, IL 62521

Website: [www.cbadecatur.com](http://www.cbadecatur.com)

## Churches:

Argenta  
Arthur  
Atwood  
Boody  
Calvary  
Emmanuel  
Fellowship  
Findlay  
Forsyth  
Galilee  
Hammond  
Heyworth  
Lincoln  
Lovington  
Mt. Zion  
Shiloh  
Sullivan  
Summit Avenue  
Tabernacle  
Tri-Valley  
Trinity

## Mission Statement

*Central Baptist Association exists to foster relationships among churches in order to assist them in fulfilling the Great Commission.*

*The Vision of CBA is to see churches collaborating together to build the Kingdom of God.*

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# 10 Reasons Believers Should Take Care of Themselves Physically

By Chuck Lawless

I confess that I don't always take care of myself as I should. I have to work hard to maintain a healthy weight, keep my blood pressure down, etc. As a Christian, though, I see this issue as more a spiritual one than a physical one. Here are some reasons believers need to take care of ourselves:

First and foremost-We are created in God's image. The Bible is quite clear here – we are made in the image of the Creator. That image was marred in the fall of Adam and Eve, but not destroyed. That fact alone should give us reason to take care of ourselves.

2. This body is the only one we have. This point might sound silly, but sometimes we live as if we have bodies to spare. When this one is worn out, we don't have a replacement until the day of resurrection.

3. Poor discipline is a bad witness. It's hard to tell people to be disciplined in their Bible study, prayer life, giving, etc., when they can look at us and see we are undisciplined in exercise and eating. A lack of effort in one area of life is often indicative of problems in other areas.

4. Bad health is costly. Eventually, the costs of poor health add up. Medical bills pile up. Insurance costs increase. Moreover, bad health makes us less productive at work. Others are forced then to carry some of our load.

5. Our families deserve better. Frankly, it's unloving not to take care of ourselves. Our families worry about us when we

struggle to climb steps or find clothes to fit. Our love for them ought to motivate us to do better.

6. Being out of shape might indicate idolatry. Those words might be difficult to hear, but they're necessary ones. If we cannot push away from food in order to take care of our bodies, we must ask if something other than God has become our god.

7. Better health = more energy to do God's work. God's work is not easy. Those of us in ministry know that the burdens are sometimes heavy. The hours are often long. Being out of shape makes the work only that much more difficult.

8. Proper care requires rest – and it's biblical to get rest. God expects us to take time off, focus on Him, and enjoy His blessings. In fact, not taking time to rest can be self-centered (that is, we think we must be doing everything). I struggle here, but I'm learning.

9. We might be called to the mission field. Many missions organizations will not consider sending someone who is out of shape. The work is often rigorous, and the stresses of cross-cultural living are only compounded by poor health.

10. Our body is the temple of the Holy Spirit. This truth is difficult to comprehend, but God really does live within us (1 Cor. 6:19). He who created us and indwells us expects us to be wise stewards of the body He gave us.

Maybe you want to make a commitment to take better care of yourself.

**SPECIAL NOTE:** Dr. Lawless recently launched a site of his own at [ChuckLawless.com](http://ChuckLawless.com) with daily posts as well as a daily Bible reading devotional. He will continue to write weekly at [ThomRainer.com](http://ThomRainer.com), but if you would like daily content from him, be sure to visit [ChuckLawless.com](http://ChuckLawless.com).

## ATTENTION: Pastors and Clerks

The Annual Church Profiles have been mailed out and they are due back to the CBA office by August 25th.

(Elect your CBA Annual & Semi-Annual Meeting Messengers before Aug. 25th.)

Please read the instructions carefully before filling out the forms. (I can't tell you how many times I have to make corrections because this wasn't done.) And give the directions to each person contributing to the ACP information.

You can enter the answers online at IBSA's site on the ABES section. And the CBA part online at the CBA website, [cbadecatur.com](http://cbadecatur.com).

If you need help filling them out or just have a question, please don't hesitate to call me, or stop by the office, I will be happy to help.

— Chris Granda

(217) 615-0192, [cbaoffice@comcast.net](mailto:cbaoffice@comcast.net)  
1255 S. Lake Ridge Ave., Decatur

## An evening of Worship *In Spirit and in Truth*

Featuring  
"Broken Vessels"



Worship team from Northern Illinois

7 PM-Saturday, September 5th, 2015

At Emmanuel Baptist Church  
1255 S. Lake Ridge Ave., Decatur

A love offering will be received.  
Call (217) 428-3541 for more information.

TABERNACLE BAPTIST CHURCH

## PARENTS DAY OUT

### What is Parent's Day Out?

Parent's Day Out (PDO) is a fun and educational preschool program for children, ages 3-5, starting this fall at Tabernacle Baptist Church. It is ideal for parents who are looking for part-time child care or for a stay-at-home parent who needs a few hours per week to get errands done, household chores completed, etc.

### What curriculum will be used?

Parent's Day Out will be using the Wee Learn curriculum, which is a Christian, weekly early education for preschool-aged children. The curriculum includes learning centers and group activities as well as activities for pre-reading, pre-writing, phonics, and number skills.

### What are the days & hours of the program?

The program will be every Tuesday and Thursday from 9 am-2 pm throughout the school year. The program is scheduled to start Tuesday, August 25<sup>th</sup> and end May 19<sup>th</sup>. The program will follow local school schedules as to holidays and inclement weather closings. (Calendar & Handbook will have more detailed info regarding this)

### Who can attend?

Admission is open to anyone in Decatur and all surrounding communities! You **DO NOT** have to be a member of Tabernacle Baptist Church to attend.

### What age must your child be to attend?

Enrollment is currently for ages 3-5 (or those not attending Kindergarten in Fall 2015).

### How much does it cost?

**Full-time tuition:** \$115/month per child (2 days/wk)

**Part-time tuition:** \$70/month per child (1 day/wk)

**Registration Fee:** \$50 (non-refundable, one-time fee per child)

**Supply Fee:** \$25 (one-time fee per child)



## TRANSFORMED- THROUGH PRAYER & PRAISE

*-Seeking God to transform ourselves, our community, and our nation for His glory.*

Thursday, Aug. 13, 2015

At 6:30 PM

Penn Station

(new building east of the Visitor's Center)

The Central IL Revival Team invites  
anyone who has a heart for revival,  
to join us for this great night of prayer and praise.

This will be a time of individual and corporate prayer, praise, scripture, testimony, and a brief challenge from the Word of God.

Questions?: Call Mike Rutledge at 217-273-3904



**Tuesday, August 11, 2015**  
**10 AM-Noon**

**Tabernacle Baptist Church**  
 650 N. Wyckles Rd., Decatur

**Evangelists:** Frank Marshall, Randy Johnson and Keith Schmutzler

**Music:** Darla Tuttle, Argenta, Quartet from Tabernacle, and others.

*Please pray for the power and leading of the Holy Spirit as we meet for revival, encouragement and good "ole" Christian fellowship.*

**Menu: \$6 per person**

Fried Chicken  
 Homemade Noodles & Beef Meatloaf  
 Black-eyed peas & ham hocks  
 Green beans w/potatoes  
 Macaroni & Cheese  
 Salads & Desserts

Please sign up at your church and have someone contact the CBA at [cbaoffice@comcast.net](mailto:cbaoffice@comcast.net) or (217) 615-0192, no later than Thursday, August 6th.

**CBA Pastors, Staff & families...**  
**August**



Birthdays

- 1-Linda Flesch (Calvary)
- 6-Dawn Brown (Tabernacle)
- 7-Natalee Smith (Fellowship)
- 12-Tom Leach (Tab)
- 14-Ron Woodrum (Tri-Valley)  
 -Jason Garrett (Mt. Zion)  
 -Julie Inda (Forsyth)
- 15-Steve Lindstrom (Findlay)
- 17-Nathan Johnson (Tab)
- 19-Hannah Morrow (Summit)  
 -Evelyn Baker (Heyworth)
- 20-Chris Granda (Summit)
- 21-Darren Morrow (Summit)
- 26-Will Ferguson (Argenta)
- 27-Doug Davis (Arthur)

Wedding Ann.

- 6-Scott & Julie Andrews (Emmanuel)
- 7-J.J. & Nanelle Hairston (Galilee)
- 8-Chris & Julie Baker (Heyworth)
- 9-Don & Ruth Ann Lusk (Sullivan)
- 11-David & Vickie Marshall (Mt. Zion)

Church Ann.

1988-Susan Baker (Tab) 27 yrs.

**CBA Annual Meeting Date Set**

**For October 3rd, 2015**

**at Lincoln Baptist Church, Lincoln, IL**

**10 AM-2:30 PM**

**With a Continental Breakfast & Lunch**

# IBSA's New Student Ministry Consultant's Goals

John Howard has been recently appointed as "student ministry consultant" for the IBSA. Having recently finished his theological education, completing a D.Min in expository preaching at Midwestern Baptist Theological Seminary in Kansas City, MO, John currently serves as the pastor to students at First Baptist Church, O'Fallon IL.

Working directly under Mark Emerson at IBSA, John is seeking to begin accomplishing the following goals through his position:

1. Build a connected network of student ministry leaders across Illinois.
2. Plan and carry out student ministry events for leaders and students. (Upcoming are Illinois Changers (Sept. 25-26), Youth Encounter (Oct. 11 in three locations), Awsom (Girls conference, Nov. 6--7))

3. Provide training and resources to student ministry leaders; including vocational, bi-vocational, and volunteer leaders.

Initially, John would like to work with Pat Pajak, IBSA, to identify student ministry leaders and key pastors in Pat's zone (CBA is part of that.) with the hopes of establishing a cohort group of student ministry leaders that meets regularly. He will be launching some social media outlets very soon in hopes of connecting student ministry leaders across Illinois. Additionally, he would like to plan a time in the future to visit with student ministry leaders, treat them to lunch or dinner, and provide a few student ministry resources.

[john.howard@fbcofallon.org](mailto:john.howard@fbcofallon.org)  
[www.fbcostudentministries.com](http://www.fbcostudentministries.com)



# from the Pews!

commented about the lack of props and decorations. The weather was near-ideal, the kids were cooperative and receptive.

Moreover: We set a new record high in attendance (57 confirmed, perhaps as high as 60).

We set a new record high in attendance for Family Night.

We set a new record high in giving from the kids.

We set a new record high in giving on Family Night.

We collected a total of approximately \$647 (!) and that money will be going to a special local Lovington missions project.

The Lord blessed in that we had plenty of help this year. Approximately 22 workers generously gave of their time.

We started a new class for the "older" kids. We've had the unusual dilemma (blessing!) of older kids wanting to return to our VBS! David and Mary Traxler of the Hammond Baptist Church started a new class—and we had a profession of faith from that class!

Also, special thanks to the Hammond Church for supplying goodies/treats/and cookies for Family Night.

Our VBS Director, Mrs. Donna Walker, commented "I think the Lord wanted to remind us that He is still in control." Amen! Our best VBS to date! Praise the Lord!

**FBC, Mt. Zion**-the Great Big Giveaway Day is this Saturday, August 1st from 7 AM to Noon.

Then come join us the next day for **PRAISE IN THE PARK!** On Sunday, Aug. 2nd, at the Fletcher Park Amphitheater, you can experience an interactive concert of worship hosted by musicians from FBC, Mt. Zion and featuring our very own "house band"- *Gracewagon!* It all starts at 6 PM.

Everyone is invited to a free blockbuster movie outside at First Baptist Church (720 W. Main St., Mt. Zion). Saturday, August 15 at 7 pm. All you need to bring is a chair, blanket, snacks, and family & friends to FBC and enjoy this family-friendly movie about the special bond that develops between an inflatable robot and a prodigy who team up with a group of friends to form a band of high-tech heroes.

**Arthur**-is doing a back to school kickoff on Aug. 15th, and a community prayer meeting on Aug. 13th. We will be licensing David Babb to preach on Aug. 23rd.

**Emmanuel**-had a great VBS with over 30 kids between K-6th grades, and 60 at the Family Festival on Friday evening. Over \$126 was raised by the attendees to help Samaritan's Purse provide Bible Study books to the kids that get the Shoe Boxes.

**FBC, Lovington**-We have much to rejoice in the Lord for VBS 2015 at First Baptist Church Lovington. We had a rough start: One of the three air conditioners that cool the church had to be replaced; our computer that had all of our VBS support materials on it had to be replaced on Day 2, and we had no VBS theme props to borrow this year. That said, the A/C unit (that serves the classrooms) was replaced just in time for VBS, the computer was replaced and we had access to our materials once again on the very next day; and NOT ONE child noticed or

## WHEN'S THE NEXT PASTOR'S LUNCH GATHERING?

**Thursday, August 13th**

**12 Noon at Emmanuel Baptist Fellowship Hall Room**

**Bring your lunch and stay awhile.**



## CBA Leadership Meetings



**Monday, August 24th, 2015**

**5:30 PM-Meal & 6:00 PM-Meeting**

(Meal: Layered taco salad & nachos)

At CBA Office/Emmanuel Baptist Church Fellowship Area

## Mark Your Calendar

### August 2015

*Aug. 3rd-Tabernacle/Galilee returning from Antigua, Guatemala*

*2nd-8th-Tabernacle's Mission Trip to Dominican Republic*

**11th from 10-Noon: Sr. Adult Revival at Tabernacle**

**13th at Noon-Pastor's Lunch Gathering at Emmanuel**

**24th at 5:30 PM-CBA Leadership Team Mtg. at CBA**

*28th-29th-Sunday School Resource Conf.*

**25th-ACP's due into the CBA office**

### September 2015

**7th-LABOR DAY-Office Closed**

*14th-21st-State Missions Emphasis-Illinois Missions Offering*

*23rd-See You At the Pole*

**OCTOBER 3RD-CBA ANNUAL MEETING AT LINCOLN**



**Briiiiiinnng!**

**You have a phone call.**

**It's Chris at CBA.**



**They have a NEW PHONE NUMBER  
(217) 615-0192**

Please make note of this number to make calls to the CBA office. It's a Skype number, so please be patient as we get used to it, too.

### **Associational Newsletter Access**

The Central Baptist Association's Focus Newsletter will be done online as an e-mail through Constant Contact twice a month to the email addresses I have been given. If you'd like to be added to this e-mail list, please Contact Chris at [cbaooffice@comcast.net](mailto:cbaooffice@comcast.net) or by calling (217) 615-0192.

In addition, one copy of the Focus will be sent monthly to the church pastor or secretary to be printed and given out to those who don't have e-mails or prefer a paper copy.